

VIRTUAL Personal Training

Nishna Valley YMCA



**Support
Motivate
Achieve**



Cardiovascular
Strength
Core
Balance
Program Design
Weight Loss Support
Accountability
Individual or
Group Training

Have you considered getting a personal trainer but can't find the time to schedule sessions into your busy life?

Have you considered getting a personal trainer but find that in-person training is too expensive for you?

Then consider **VIRTUAL
Personal Training!!!**

See back for session information and pricing

VIRTUAL Personal Training

Nishna Valley YMCA



Virtual Personal Training - Individual Sessions

- Monthly sessions
- Initial Zoom meeting to assess physical starting point, goals, equipment availability, and program design
- Virtual and/or electronic fitness program delivery
- Weekly email or text accountability check-ins
- Virtual question and answer help
- Month-end follow up and continuation advice
- Option to continue the following month available

\$60 a month

(pro-rated amount available if starting mid-month)

Registration is on-going. Must be 16 years or older

Questions—712-243-3934 or reach out to
aknoxwestmeyer@nishnavalleymca.com



VIRTUAL Weight Loss & Fitness Jumpstart Group Training

Nishna Valley YMCA

**Support
Motivate
Achieve**



**8 Week fitness
and weight loss**

Virtual Group Training

**Virtual individual fitness
assessment**

Weekly virtual weigh-ins

**Weekly virtual fitness
accountability reports**

**Weekly zooms addressing
nutrition, weight, and
fitness**

**Are you ready to
jumpstart your fitness
and nutrition journey?**

**Do you need help with
accountability and
motivation?**

**Would you like to join a
class or program but
don't have the time?**

**Then this class is for
you!!!!**

See back for pricing and dates

VIRTUAL Weight Loss & Fitness Jumpstart Group Training



- 8 week Group Training program designed for those wanting to lose weight and jumpstart their physical fitness routine
- Virtual individual fitness assessment and basic program design
- Mandatory weekly virtual weigh-ins
- Mandatory weekly virtual fitness accountability reports
- Weekly Zoom meeting to discuss nutrition, weight loss, and fitness topics
- Group online chat support

\$120 for 8 week session

January 23rd—March 17th

Registration deadline is Jan 22nd

Must be 16 years or older

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